



SOCIO-ECONOMIC HOUSEHOLD SURVEY KABUL - DECEMBER 1996





Food Security Department
ACTION CONTRE LA FAIM
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I-CONTEXT

The contemporary history of Afghanistan is mainly marked by armed struggles for power. The Soviet invasion (1979-1989) gave way to a civil conflict opposing different politico-religious Afghan groups (linked by an ethnical component and reinforced by the experience of their resistance activities). With the Soviet troops' retreat, these groups asserted their legitimate claim to power.

Following the fall of the communist regime in 1992, Kabul went through a series of crucial episodes that led to the destruction of several of its districts located on successive frontlines, to the destructuration of the political and economic life, the long and slow degradation of the living conditions of a population submitted to major psychological trauma.

The recent seizure of the capital by the Taleban movement (in September 1996), which then controlled almost the two southern thirds of the country by December 1996, constitutes the last major political event which has affected the Kabuli people. The main objectives of the Taleban's official policy is first of all to restore peace and to bring conflicts to an end, and secondly to set up a strong Islamic state supported by the strict application of Sharia rules. Few details are available regarding the economic projects of this self-proclaimed government. Moreover, whatever the religious, economic or political stakes and implications on national and international hegemony, this event marks an additional transition for the people's lives. On a daily basis, the consequences derived from this interpretation of Islam¹ concern on one hand the abrogation of secular principles as well as the obligation to prayer and external signs of Islam; on the other hand, regulations on the status of men and women in society, prohibiting all contact between men and women outside of family relations, banishing the latter from the work place, forbidding them access to schools and limiting their access to health².

In this context, the intervention of humanitarian organisations is essentially intended to respond to the needs of the population in terms of food (nutrition, targeted food distribution, bread sales at subsidised prices), sanitation (medical and hydraulic) and housing (heating and rehabilitation).

¹Compulsory beard growth for men and use of 'Tchadri' (long veil enveloping the body from head to toe with a grid-opening at eye level) for women, total ban on non-religious music, novels, films, and photograph taking of live beings.

² Prohibition of non family related mixed-sex gatherings. Women patients must be cared for by other women, who in fact are generally not allowed to work making it difficult to attend to women; hence very specific exceptions concerning women at work and the application of strict working practices.

Since September 1995, Action Contre la Faim is more specifically carrying out the following actions :

- nutritional programs ensuring :
- surveillance of the nutritional status of children below five years old, through regular anthropometric surveys. The survey carried out in November 1995³ was completed by a socio-economic questionnaire aiming at a better definition of the family status and living conditions of children.
- the treatment of malnourished children. In December 1996, 130 severely malnourished children were treated in therapeutic centres within the major hospitals of the city and 9 400 children received daily dry rations in 29 supplementary feeding centres throughout the city.
 - hydraulic programs, for epidemics prevention, aiming at improving :
 - the quality of water,
 - the conditions of access to water,
 - the conditions of purification.

III OBJECTIVES OF THIS SURVEY

Summary of previous results

The results of the previous anthropometric surveys on the under-five population revealed a stable malnutrition rate :

Weight for height index	November 1995	May 1996	December 1996
moderate malnutrition criteria: W/H< -2Z-score	6.2%	6.7%	5.1%
severe malnutrition criteria: W/H< -3Z-score and/or oedema	A1	1.4%	0.8%

Height for Age index: May 1996, 50% of moderate and severe degrees of stunting

The household survey of November 95 describes an improvement in the living conditions, especially in the displaced population compared to a previous assessment carried out by ICRC. By being re-housed and by finding new jobs they were then able to reach an employment and income level almost equal to the resident population.

On the other hand, the general standard of living was rated as low, the food accessibility at the household level not being guaranteed despite a relatively good food availability in the market places.

The main survival mechanisms identified were small businesses, bartering and family support.

The main conclusions concerned the problems for acquisition of basic commodities that people had to face due to a precarious purchasing power. Therefore repercussions on the nutritional status of the population could be expected, especially if the political situation influences price inflation.

³ Assessment of the food and nutrition situation. Vaccination coverage survey. Kabul November 1995 - Dominique BRUNET

December 1996 surveys

In order to ensure nutritional surveillance, a third anthropometric survey was planned in December 96 targeting the children below five years old and their mothers.

To improve the knowledge of the living conditions of the entire population, a second household survey was then carried out.

The terms of reference of the survey were:

- > to assess the socio-economic situation of families before the winter
- > to identify the vulnerability criteria to destitution
- > to assess the social network
- > to assess the coping mechanisms
- > to define population groups
- > to identify the links between the socio-economic situation of the families and the nutritional status of children and mothers.

so as

- > to assess the impact of the on-going relief programmes
- > to identify actions to be undertaken in the field of food security to complement the present programmes.

Due to the context and the survey methodology, the attained objectives were:

- > the assessment of the socio-economic situation of families before the winter
- > the identification of the vulnerability criteria to destitution
- > the assessment of the coping mechanisms
- > the identification of population groups

in order to

> recommend food security actions to be undertaken to complement the present programmes

The main reasons for not attaining other objectives:

The social network was included in the coping mechanisms.

Due to some sample size bias, the links between the socio-economic situation of the families and the nutritional status of children and mothers could not be identified: the common sample size for the joint anthropometric survey⁴ (5.1% moderate malnutrition rate using weight for height index) = 45 families. This small sample does not allow for a reliable analysis in as far as the links between the mother's and children's nutritional status and the socio-economic situation of the family are concerned.

According to the responses, international assistance does not feature highly as an income source. These results do not tally with the existing aid programs.

Presumably, interviewees did not answer to this question properly either deliberately omitting to tell the truth or due to a sense of pride.

Home visits by different organizations for food aid registration are very common in Kabul. Hence, upon arrival of an Action contre la Faim interviewer, people may have avoided declaring any assistance they received in fear of being excluded from existing lists or missing out on a new distribution.

See the nutritional survey report - Action Contre la Faim, Nutrition department - Afghanistan - December 96.

On the other hand, answers concerning food aid were confused as in the case of subsidized bread assistance. This appeared twice in the questionnaire and led to aberrant figures under cross table analysis.

III = METHODOLOGY

Preliminary survey and household survey

In order to assess the socio-economic situation of Kabuli families, two complementary approaches were taken.

♦ First, a preliminary assessment was conducted to express hypotheses on socioeconomic living conditions of families and to identify the main coping mechanisms. Home visiting, key informant interviews, focus group discussions, mapping and market surveys were performed.

The main resulting hypotheses were:

be demographic composition and family status determine the consumption level of the family. The consumption level being chosen as indicator of vulnerability, the demographic and status influencing components define the risks of vulnerability.

> a typology based on demographic and family status reveals the main family profiles and family characteristics which will allow to distinguish the main vulnerable population groups.

♦ Secondly, a questionnaire was designed to carry out household survey to back up the hypotheses (appendix 1).

Closed-ended questions related to daily life included:

- composition and family status (family size, sex, age, ethnicity, education, movements ...)
- housing
- food consumption
- belongings
- income

Sample size for the household survey

A confidence interval of 95 % was used for the sample size calculations, based on a prevalence of 50 %, a precision of 5 % and a population of 1 485 785 using EPI info software (CDC/EPICENTRE/WHO). This demographic estimation was designed by KEP⁵ in July/August 1995 and is based on the most recent data available in Kabul. The number of families to interview was 1200 split into a 40 by 30 cluster survey (2-stage cluster sample).

⁵ Kabul Emergency Programme - NGO Consortium

Methodology of the household survey

The survey was carried out on Kabuli families between 14th - 31st of December 1996 using the Expanded Program of Immunisation⁶ sampling method to ensure maximum statistical representation.

All areas "Mantaqa" in Kabul were used for random selection and clusters were selected to be representative depending on the population size of each divison "Mahalla" of "Mantaqa". The "gozar" which is the smallest administrative unit in the city was chosen as the geographical entity to identify the cluster site. The Cosas program (Epicentre /WHO) was then used for random selection of the cluster sites according to population density.

<u>a.</u> Selection of the first household: the survey team stood at a central point in the community and choose a direction at random (by spinning a pen). The houses between the centre and the edge of that direction were counted. One of these houses was selected at random (by drawing a number out of a bag; the numbers in the bag corresponding to the number of houses on the street).

The survey team identified the center of the "gozar" as the central point of the community with the help of the "Wakil" or "Mullah" (religious chief in the district).

<u>b.</u> Selection of the subsequent households: the survey team chose the house whose door was the nearest to the door of the household just visited (turning systematically to the left when neighbouring houses were equidistant - direction chosen by tossing a coin).

Once the survey team reached the end of the street, it returned to the center starting point to randomly select another direction, until the required cluster number had been fulfilled. If the house was empty, the next one to the left was visited.

In the case of more than one family living in the house, flat or compound, one family was selected randomly after assigning a number to each one.

Upon arrival at a block of flats (if several, one was chosen randomly), the starting point (entrance and floor level) was selected randomly using the bag of numbers, and each family on that floor was visited. Subsequent floors were visited by systematically moving upwards throughout the survey (direction chosen by the coin toss method). This same methodology was used for the anthropometric survey so as to apply both socio-economic and anthropometric questionnaires in the families where there were children.

Data entry and data analysis

All data was processed on Epi-Info software (frequency and cross tables) and was then exported on SPSS [(SPSS Inc.) typology] and SAS [(SAS Institute Inc.) hierarchical classification] software for the multivariate analysis. All nutritional calculations were made with Nutcalc (Epicentre/ Action Contre la Faim).

⁶ Sampling Schemes for Health Surveys in Developing Countries. S. Bennett. International Journal of Epidemiology vol.23 N°6. p. 1283

Survey team

The teams were composed of a total of 18 women, nurses or doctors, plus 2 expatriates to supervise; one socio-economist and one nutritionist.

Two weeks of training were given on socio-economic information gathering, interviewing techniques, random selection techniques, and anthropometric measurements.

Two computer operators were employed in order to imput the data.

Possible bias

Some bias was identified at several stages of the household survey.

- ♦ Translation bias: due to specific sociological terminology and/or cultural effects.
- O Interviewer / interviewee bias : such as confounding factors, non-response, recall bias for questions concerning a time frame (displacement, work, sale etc.) and food history.
- ♦ Data entry bias : due to coding or typing.

IV - DESCRIPTION OF THE INTERVIEWED FAMILIES

SUMMARY OF MAIN FINDINGS

♥ Demographic information

The demographic composition of the surveyed sample reveals a balanced population (with a sex ration close to 1), despite the female under-representation found in the under 14 and over 40 age groups.

The over 44 years class (life expectancy) is higher than expected at 13%. Half of heads of family were more than 42 years old, the average age being 44. On the other hand, a recession in the under 5 years old group is apparent.

Reasons for this pattern have to be specified to confirm if a demographic transition similar to that in developing countries is in process.

The global rate of disability $(11^{\circ}I_{00})$ seems to be lower than expected due to the post war situation and the numerous remaining landmines.

Nearly all of the 13% female heads of family were widows. Female heads of family were less educated and had less employment than their male counterparts.

The ethnic origin breakdown for the heads of family placed the "Tadjik" as the largest group (79%), followed by the "Pashto" group (14%) and finally the "Hazara" group (7%).

The employment rate was quite low, 1 active person having to support 5 people. In 11% of the families, no family member was employed. 20% of the families fully mobilized their potential labour force.

♥ Status

60% of the heads of family had not had the chance of being educated, this was as high as 90% in the female heads of family group.

More than two thirds of the families have been affected by displacement in the past year, primarily due to the war, although in the last quarter of 1996 there is an increased trend.

Displacements were evenly split between people moving from the countryside to Kabul and those moving from one district to another inside Kabul.

Only 13% of the families returned to their previous residence.

♦ Housing conditions

More than half the houses were destroyed or in need of repair, however a third of the buildings had not been damaged at all during the war.

25% of the families were living for free (either being hosted or as squatters) whereas 42% had to pay rent.

Houses, flats or compounds were usually shared between 2 or 3 families.

Nearly half the families shared a room with up to 4 people, the remaining sharing with up to 8 people.

Access to water was generally unproblematic although 60% relied on a non-protected source. (entailing a high risk of contaminated water)

85% of the families possessed pit latrines and 15% possessed flush toilets. Potable water contamination was mainly due to inappropriate maintenance of those facilities.

Income Less than a third of the workers have had a steady professional monetary income in the past year.

A slight trend of renewable short term jobs seems to have appeared in the 3 months

before the survey.

8% of the families declared to be receiving help from relatives or friends usually based in Kabul: first in terms of food and then money, 63% and 35% cases, respectively.

Compared with other dense urban situations, it appears that the capital is not being

supported by the countryside or the Diaspora.

Very few of the families were involved in home food production (animals or garden)

Non food consumption Some families did not possess the bare necessities for the winter time (i.e. blankets and heaters, 23% and 10% respectively).

20% of the personal possessions and home equipment had been sold and 10% had been destroyed.

Food consumption
All families claimed to eat bread making it the main food item source of energy and protein.

Despite the average individual daily ration being close to the European Union⁶recommendation, it was not balanced as it lacked lipids and animal protein. Furthermore, 28% of the families had an inadequate energy food intake and 32% had a substantially insufficient daily ration.

Deficiencies in vitamins and minerals were also found causing large potential effects on the nutritional and health status.

32% of the families had no food stock whatsoever.

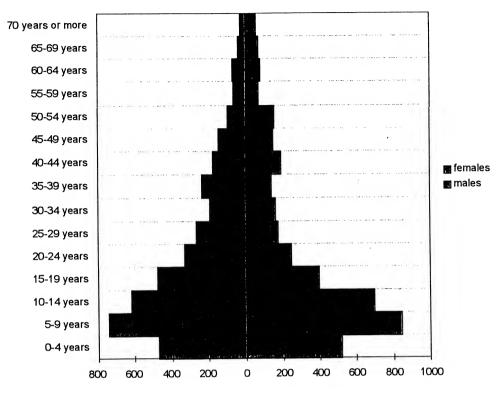
The food basket price was 3.5 times higher in October 1996 than in December 1995 and then decreased by a third during the last quarter of the year only to increase again giving a total inflation of 258% for the year.

The average individual daily food basket for 1996 had an equivalent cost of 0.25 us\$.

⁶Report of the scientific Committee for Food (31 series) 1993

FAMILY COMPOSITION AND STATUS

Pyramid shape:



Main characteristics:

- A clear decline in the 0 to 4 year old age category, may reflect a potential demographic transition of which the possible causes may include: a decline in the birth rate attributed to different reasons such as spontaneous birth control and effects of war trauma; or a rise in mortality for which reasons would have to be precise.
- Relatively stable sex ratios for most age categories, the female population is smaller between the ages of 0 and 14, as well as above 40. The biggest differences appear in the over 70 years category, where there are, surprisingly, two men for one woman, and in the 35 to 39 years category where there are two women for one man.
- 13% of the individuals (1024 individuals) were more than 44 years old, even though life expectancy is estimated at 43.5 years⁷.

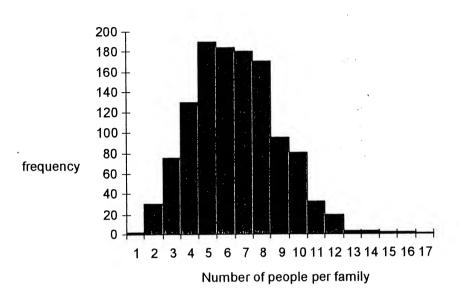
Distribution per age group:

Age class		Number of people	Percentage
0-59 months		991	12,5
5-19 years		3746	47,2
20-49 years		2488	31,4
50 years and more		702	8,9
	Total	7927	100

⁷Human Development Report 1995 UNDP

Sex ratio: 0.98 (3932 male / 3995 female)

Family size: - mean size: 6 to 7 people (s.d. 2,4; range 1 - 21). The average family was made up of 1 child less than 5 years old, 3 between 5 and 19 years old, 2 adults between 20 and 49 years and 1 person above 50 years.



Disability : 1.2 % people (94) were classed as disabled. 7% (84) of the families had at least one dependent disabled person.

- sex ratio : 2.1 (64 male / 30 female).

- age ratio :

Age class	Ratio º/₀₀
0-59 months	3
5-19 years	7:
20-49 years	17
50 years and more	20
All age classes	11

The sex ratio can be explained by the effects of war accidents and age, whereas the gradation is indicative of disease prevalence.

⁸ The family unit is defined by marriage, a couple or a widow /er in charge of :

i. the unmarried children (whatever age and work status)

ii. the single brothers and sisters (whatever age and work status)

iii. the elder mother or mother in law.

The terminology of household was deliberately not employed to avoid confusion since different families sharing housing, often managed separate budgets, food and essential decisions.

⁹ No specific definition of disability was defined, interviewees determined the appreciation of dependency according to their own interpretation.

⇔ Head of family :

sex groups : - sex ratio : 6.6

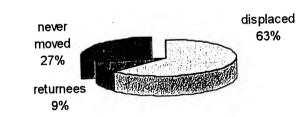
- out of the female heads of family, 95% (152) were widows

	whole s	ample		male	.		fema	ile
	1204	ampio	1045		86.8%	159		13.2%_
average age	45.00		s	ange .d. 12 nediar			range s.d. 1 media	
ethnic origin Tadjik Pashto Hazara	955 164 85	79% 14% 7%	822 150 73)	79% 14% 7%	13 14 12	1	84% 9% 7%
education never attended school high-school graduates university level disability monetary income	421	57.5% 35% 7.5% 2.3%	549 406 90 25	6	52% 39% 9% 2.5% 85%	14 15 1 3	3	90% 9.5% 0.5% 2% 20%

In this table statistically significative (p< 0.01) differences appear between male and female groups, regarding work status and education level.

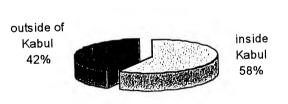
Seamily movements:

- Status of the families 64% (760) were displaced 9% (114) were returnees 27% (330) never moved



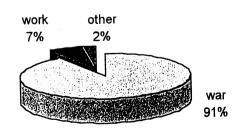
Origin of movement for displaced and returnees:

58% (509) moved inside Kabul 42% (365) came from or came back from the countryside



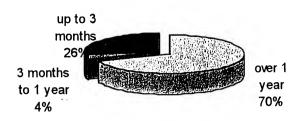
- Reason for movement

91% (799) moved because of the war 7% (58) moved to find a job 2% (17) primarily due to no longer having a home



- Date of movement

70% (610) moved over 1 year ago 26% (228) moved during the past 3 months 4% (36) moved in a time period from 3 months to 1 year



The recent movements were mainly due to 179 newly arrived families to Kabul from the countryside and 38 families moving from one district to another within Kabul. Only 10 other families (from inside and outside the city) were able to re-find their previous home.

Moreover, 7 % (80) of all the families had one or several members who had left the household to look for a job or for other reasons linked to the conflict, 53 of these had moved in the last quarter of 1996.

HOUSING

Family status:

	# of families	percentage
owners	391	33
tenants	511	42
living for free	302	25
Total	1204	100

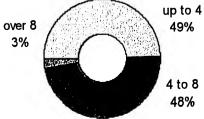
Out of the entire sample, 53% (635) of the families shared their house, flat or compound with at least one other family. 74% (472) of them pay rent. The maximum of number of families found under the same roof were 8, the average being 2 to 3. Out of the group of proprietors, 64% (251) were residents who had never moved. Of those who moved 34% (140), the main reason given was war-related (116), and half of these claimed to be returnees.

Out of the families living for free, 69% (270) had been displaced mainly (191) for over a year although a rise in displacement (72) seems to have appeared in the last quarter of 1996.

♥ Overcrowding

On average, 1 family had access to 1 or 2 rooms (kitchen and bath not included). i.e. 4 people sharing 1 room (maximum 12, s.d. 2.16).

# of people per room	# of families	percentage
up to 4	594	49
4 to 8	576	48
over 8	34	3
Total	1204	100



State of the houses:

	# of families	percentage
partly or completely destroyed	242	20
in need of repair	388	32
repaired	167	14
not damaged	407	34
Total	1204	100

Water disponibility

Source of water

40 % (492) had access to protected water: hand pump or tap. This indicator does not give any information concerning the quality of the water which was surveyed in a previous study¹⁰ carried out by Action contre la Faim between June and September 1996 and which showed a general picture of poor quality, whatever the distribution network.

60 % (712) did not have access to protected water: deep well, shallow well, tubewell or river which allows contamination and is reinforced by the poor level of environmental sanitation described in the referred previous survey (piles of fresh excreta lying open on the streets, heaps of garbage, lack of adequate drainage leading to the formation of stagnant pools and muddy areas).

Water accessibility

For most families (94% - 1134) water was either available in the compound itself or less than 15 minutes (342) away. 70 families (6%) had to walk more than 15 minutes to get some water.

Secilities :

Half of the families (609) had access to private toilets, the rest shared with other families.

85% (1027) had access to pit latrines while the remaining 15% (177) used flush toilets.

Regular maintenance of latrines and toilets is necessary to avoid contamination of potable water. Moreover, the previous survey showed how the sewer network was damaged and also contributed to contamination with the use of flush toilets.

No obvious relationship was found between the access to or the type of toilets and the state of the houses.

¹⁰ Assessment of water and sanitation in Kabul city. June - September 1996. Nigel TIMMINS. Action contre la Faim.

INCOME

People were deliberately not asked to specify the amount of their monetary income. The issue of income normally provides unreliable answers due to reservations by the people; moreover, the interviewees were mainly women and during the preliminary survey, it was noted that certain parts of the population, were often not closely involved in the household budget management. The assumption was then made that this question would be embarrassing in certain situations and hence was not included

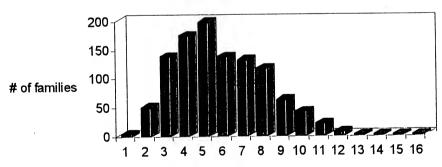
Linked to work

Distribution of number of workers in the families

In every family, there were between 2 and 3 people (mean=2.73) considered to be a potential labour force (aged between 15 and 49), but the level of employment (formal and informal) reveals a lesser mobilisation:

# of workers	# of families	percentage
0	132	11
1	814	68
2	212	17
3 and +	46	4
Total	1204	100

The average active / inactive ratio is 0.21 (s.d. 0.11; range 0.063 -1): i.e. on average 1 person out of 5 was working (s.d. 0.11; range 1-16)



1 active member per x inactive members

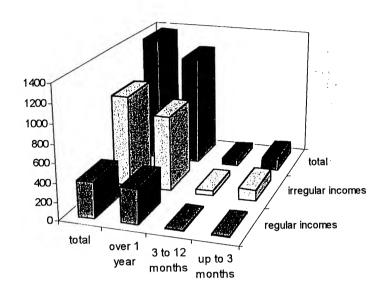
Specific worker status

workers	# of families	percentage
children	133	11
women	112	10
elder	32	3

Type of work: 1370 people had a job, out of these

28% (389) had a regular income 72% (981) had an irregular income

86% (1182) had a job for more than 1 year 5% (62) had a job from 3 months to 1 year 9% (126) had a job during the last 1996 quarter



Nearly all the workers with a regular income had had a job for a long time period. However being employed on a long term basis did not automatically entail a regular income. (i.e. businessmen without customers, delays in payments etc.)

Despite having a regular job, 30% (810) of the workers were in a precarious financial income situation.

A slight increase in activities seen in the last quarter of 1996, is due primarily to short-term jobs with irregular incomes (97% - 118).

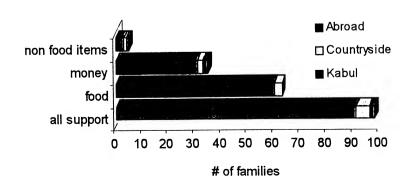
Linked to external support

Support from relatives

8.4% (103) of the families declared having received some help from their family or friends during the last quarter of 1996 whereas only 0.6% (7) claimed to support relatives in Kabul with food (5) and money (2) during the same period.

63 (61%) received food 35 (34%) received money 94 (91%) received it from Kabul 6 (6%) received it from other places in Afghanistan

5 (5%) received other goods 3 (3%) received it from abroad



NGO support

5.6 % (68) mentioned having received some help [mainly food (63)] from NGOs, during the last quarter of 1996.

	# of families	% linked to NGO beneficiaries	% linked to the whole sample
FOOD			
ACTED ¹¹ (bread card)*	30	45	2.5*
WFP ¹²	22	32	1.8
ICRC ¹³ MCI ¹⁴	7	10	0.6
MCI ¹⁴	4	6	0.3
NON FOOD			
ATC ¹⁵	1	1.5	0.08
CHA ¹⁶	4	5.5	0.3
Total	68	100	5.6

^{* &}lt;u>Warning</u>: These figures should be read with caution, when people where asked about the origin of the bread they consumed, 6% (81) said they bought it in subsidized bakeries

CONSUMPTION AND BELONGINGS

Home equipment:

This equipment includes

- bare necessities: heater, blankets, tandoori¹⁷
- liquid assets : electric goods, fridge and oven, bicycle, furniture,
- productive assets : sewing machine, karachi¹⁸
- luxury goods : jewelry, carpet

# of owned goods	# of families	percentage
0	11	0.9
1 to 3	584	48.6
4 to 6	481	39.9
6 and +	128	10.6
Total	1204	127

Agency for Technical Co-operation and Development

¹² World Food Program

¹⁴ Mercy Corp International

¹⁷ Bread oven

¹³ International Committee Red Cross

¹⁵ Afghan Technical Consultant

¹⁶ Co-ordination of Humanitarian Assistance

¹⁸ Wood car for transportation

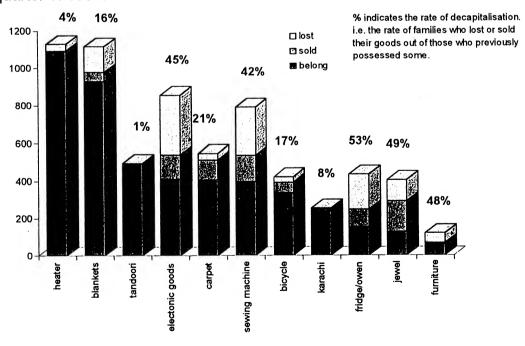
	families	owning	families no	t owning
	#	%	#	%
bare necessities				
heater	1092	91	112	9
blanket	927	77	277	23
tandoori	488	40	716	60
liquid assets				
electric goods	409	34	795	66
fridge/oven	152	13	1052	87
bicycle	337	28	867	72
furniture	60	5	1144	95
productive assets				
sewing machine	397	33	807	67
karachi	237	20	967	80
luxur <u>y</u> goods				
jewel	126	10	1078	90
carpet	407	34	797	66

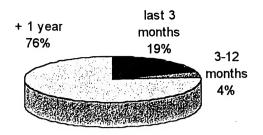
As expected, the most commonly owned goods were in the following descending order: heater, blankets and "tandoori". The average number of home equipment goods owned was 4 (range 0 - 11; s.d. 2).

To better analyse the current possession of goods, a relation with the possession status before destitution is necessary, as shown in the next graph. For example, few people own furniture but, this has always been the case.

Decapitalisation

Nearly a third of the goods owned before the war were sold (21%) or lost (10%). This loss mainly occurred over the last few years, although a sharp increase was noted in the last quarter of 1996.





Sources of energy

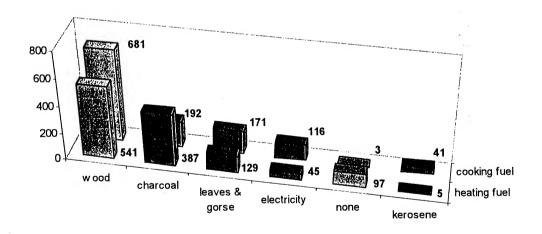
3 families did not use any fuel either to cook or for heating, and 94 (8%) additional families never cooked.

125 families (10%) had nothing else than leaves, rubbish and gorse with which to cook and warm the house.

Wood remains the main fuel used. However, presumably due to the price and the quantity needed, people seem to use it more for cooking than for heating; kerosene being the fuel source of last resort.

Charcoal was preferred for heating rather than cooking, probably due to the disadvantage of the smell permeating into the food and of the slow warmth given out.

Electricity was not available in every district of the city, its use was thus limited.



Using Clothing

Tchadri ¹⁹ owners		
in the family	# of f.	%
all female	370	31
some female	575	48
no female	259	21
Total	1204	100

¹⁹ Percentages are based on all women in the households as in every family at least one female old enough to wear the "Tchadri" was found.

It must be noted that in 21% (259) of the families, women do not own a "Tchadri". This implies that they are not officially allowed to go out into the streets, since wearing a "Tchadri" is mandatory. Cultural and financial factors explain this data.

specific item owners in the family	clot # of f.		sho # of f.	es %	win clot # of f.			ks %
all members	1197	99,4	1094	90,9	809	67,3	639	53,2
some members	7	0,6	106	8,8	380	31,5	515	42,7
no member	0	0,0	4	0,3	15	1,2	50	4,1
Total	1204	100	1204	100	1204	100	1204	100

89% (1073) of the families had last bought clothes over a year ago. Out of these, 63% (668) had bought second hand clothes; 11% (120) had bought new clothes, 20% (220) had made them themselves, and the rest had them tailor made.

89 % (1067) had not bought any shoes during the last year and only 2.6 % (31) had bought some in the last 3 months. Overall, 15% (175) had chosen plastic slippers, 39,% (472) plastic shoes and 46% (557) leather footwear.

♦ Various products

94% (1133) of the families usually used hygiene products (soap, toothpaste, shampoo...); 26% (308) cosmetics (cream, make up...) and 83% (1002) cleaning products (washing powder, detergent...).

♥ Food

83 % (1002) of the families ate three meals a day; 16 % (194) two meals a day and 1% (8) one meal a day.

Frequency of consumption

▶ Bread - Nan

95 % (1140) of the families ate bread every day. All families reported consumption of bread at least once a month.

The most common products which go with the daily bread are in decreasing order of importance: onions, tomatoes, rice and ghee. Between 20% and 36% (250 to 435) of the families ate at least one of these products each day.

Most of the time $(68\% / 816 \, f.)$, the bread is home made or the dough is made at home and then cooked in the bakery.

32 % (384) of the families bought bread from the bakeries, 7% (81) families mentioned an ACTED/WFP subsidized shop.

3 families (0.2%) declared to be obliged to beg to get bread every day. These were three widow headed households with children, all of them are living for free. 2 were displaced families from outside of Kabul who had nothing to eat other than the begged bread, resulting in an individual daily energy intake reaching 660 and 880 Kcals respectively. The third family was resident and received ghee, every day, as well; in this case, the individual daily energy intake was 1 300 Kcals.

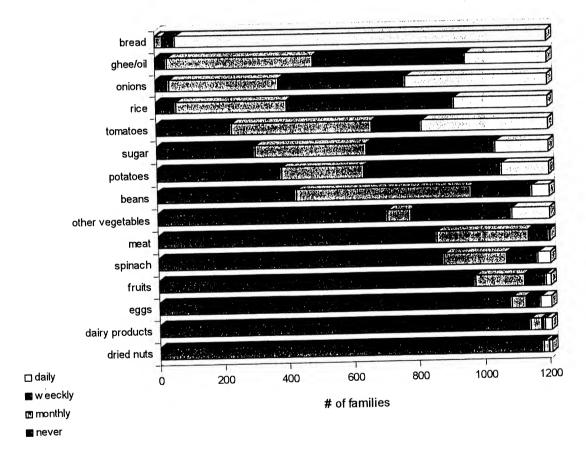
> Other products

Animal products are usually absent from the food intakes: 95% (1139) of the families never ate dairy products, 90% (1084) eggs and 71% (857) meat which limited protein and lipid sources.

Pulses, the main vegetal protein source were also rarely eaten, 45% (536) ate some

once a month and 36% (429) never ate any.

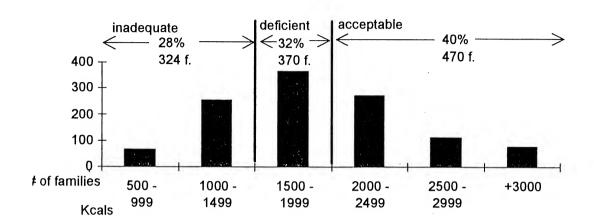
81% (973) of the families never ate fruits nor vegetables other than onions or tomatoes which limited vitamins and minerals sources.



Energy value of daily individual food intakes

The following calculations were made on a sample of 1164 records, 40 being discarded as aberrant values.

Calculations were made throughout the food history of each family, and attributed to the number of persons in the family whatever age or sex. The average ration reached 1919 Kcals (range 519 - 4082; s.d. 660).



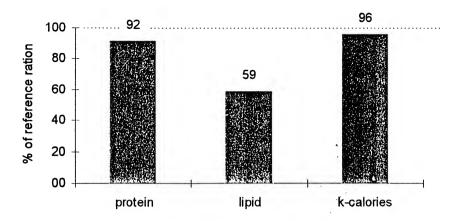
Average individual daily ration

	Average individual daily ration (g)	Range (g)	S.D.
Bread	430	1 - 1000	0.16
Rice	85	0 - 500	0.08
Onions	48	0 - 400	0.04
Potatoes	37	0 - 333	0.05
Other Vegetables	34	0 - 500	0.07
Ghee/Oil	29	0 - 182	0.02
Tomatoes	20	0 - 500	0.04
Sugar	20	0 - 333	0.02
Beans	16	0 - 400	0.03
Spinach	11	0 - 500	0.04
Fruits	4.3	0 - 333	0.02
Meat	2.8	0 - 125	0.01
Dairy products	2.4	0 - 250	0.03
Eggs	1.7	0 - 160	0.01
Dried fruits	0.6	0 - 167	0.01

Macronutrient content of the diet (appendix 2)

Compared with the average requirement defined by European Union, the surveyed ration was low in lipids in terms of quantity and in terms of the balance of energy provided.

BALANCE	Kcals	% of Kcals from protein	% of Kcals from lipid
E.U. reference ration	2000	11%	28%
average surveyed ration	1919	11%	18%



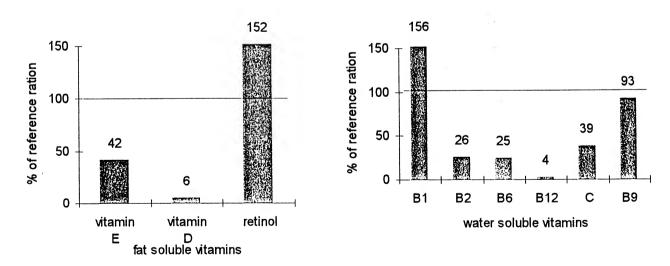
Bread was the main energy and protein source making up 60% and 76% of the daily intake, respectively. Ghee was the main lipid source making up 75% of the daily ration.

The balance of essential amino acids is also inadequate due too a low consumption of pulses.

Micronutrient content of the diet (appendix 2)

A deficiency in vitamins was noted in the following descending order: B12, D, B6, B2, C, E. A lack of mineral intakes was also noted primarily in iodine, potassium, iron, zinc and calcium.

Symptoms of micronutrient (type 1²⁰) deficiencies may lead to some disorder, concern must be given to the potential incidence of goiter (iodine deficiency) and of anemia (iron deficiency) most especially in the female population.

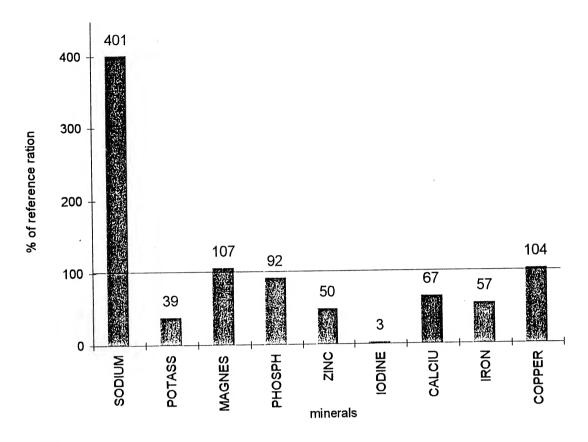


Moreover, micronutrient (type 2^{21}) deficiencies may lead to stunting²² of the children and may result in a greater tendency towards diseases within the whole population.

²¹ idem

²⁰ Severe malnutrition. M.N.H. GOLDEN Oxford Textbook. 1996.

²² see anthropometric survey Action contre la Faim December 1996

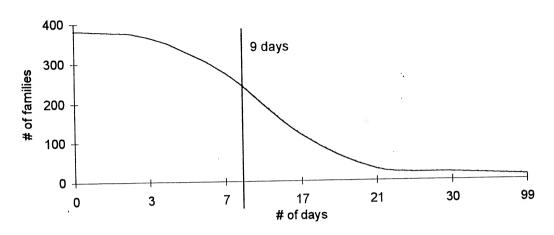


Food stock

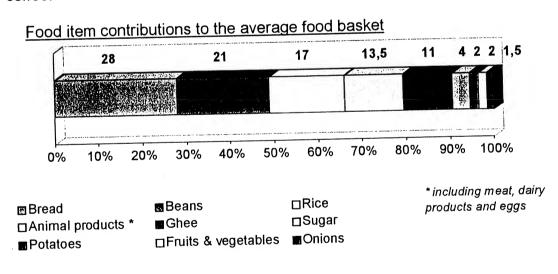
Composition

	Range (kg)		ith a stock amily)	Average weight-kg	S.D.
		#	%		
Ghee/Oil	0 - 100	961	82.5	1.8	4
Onions	0 - 100	861	74	3	2
Wheat flour	0 - 240	713	61	16	22
Rice	0 - 100	666	57	6	9
Sugar	0 - 10	521	45	1.4	1.6
Tomatoes	0 - 10	376	32	1	1
Beans	0 - 20	333	29	1.8	2
Potatoes	0 - 70	274	23.5	3	7.5
Other Vegetables	0 - 7	109	9	2	1
Eggs	0 - 2	46	4	0.5	0.3
Meat	0 - 10	30	2.5	2.4	3
Spinach	0 - 2	23	2	1	0.5
Fruits	0 - 3	14	1	1	0.7
Dairy products	0 - 10	8	0.7	1.8	0.5
Dried fruits	0 - 7	5	0.4	3	3

Of those families with some stock reserves, it was estimated that with an individual daily food intake of 2000 Kcals, the average stock would last 9 days (range 3 - 99; s.d. 13).



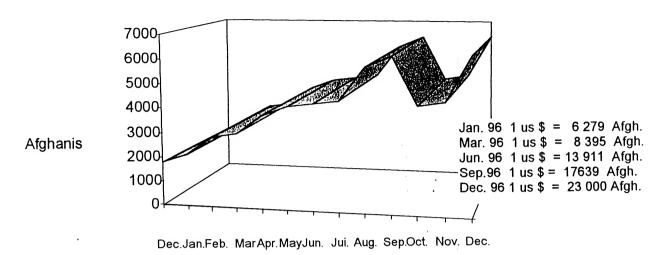
All the food baskets were calculated with average food item prices collected every week on the main markets of the city. They include the food items mentioned previously except for the dried fruit contribution. It does not include salt, spices, tea nor coffee.



Price evolution of the daily individual ration

The food basket price was 3.5 times higher in September 1996 (4355 Afg.) than in December 1995 (1779 Afg.) and then suddenly decreased by a third in October. The rupture in price inflation occurred with the re-opening of Southern and Eastern roads, resulting from the arrival of the Taleban movement in Kabul. From October 96 (4355 Afg.) to December 96 (6353 Afg.), the food basket price increased again by 46% and recalled the inflation of the previous months.

In a year, December 95 (4355 Afg.) to December 1996 (6353 Afg.), the total price increment was around 260%.

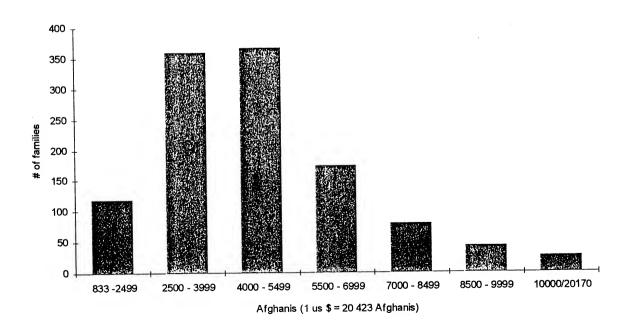


from December 95 to December 96

According to the employment rate (which did not improve throughout the year) and the high inflation described above, the purchasing power might have not increased. This presumably entails a reduced food ration in the mid/long term.

Distribution of the equivalent cost of daily food intake

The average equivalent cost of the daily food intake was about 4722 Afghanis per person per day, which is less than a quarter of 1US \$ and which represents a total amount of less than 1 million (991 620) Afghanis per month, for an average family of 7 people (range 833 - 20170; s.d. 4722). During the semi-directive interviews, people were systematically estimated their family daily food expenditure at 5 US \$. This does not mean that these amounts were really spent.



W-RISKS OF VULNERABILITY AND COPING STRATEGIES.

SUMMARY OF MAIN FINDINGS

♥ Risks of vulnerability

Out of the results from the cross table analyses, seven variables defining the demographic composition and family status were significantly correlated with the variables defining family consumption.

These characteristics were then selected as indicators of the potential risks to destitution showing the impact of family demographic structure, residency or displacement status, education level and the access to work on the family consumption (housing, home equipment, clothing, food and hygiene products).

Statistical ranking showed the families to be gradually more affected when:

first : having no worker in the family

having an unemployed head of family having a female as head of family

second : having a small family (under 6 members)

having a non- educated head of family

third: being a displaced family

♦ fourth: having a head of family over 65 years old

82% of the families were affected by at least one of the risks defined, 60 different cumulative arrangements were found in the whole sample.

♥ Coping strategies

Due to the limited availability of previous data, it is not really possible to know if the evolution of some specific behavior is due to the current socio-economic situation.

To face their difficulties, families were obliged to develop some survival mechanisms. Two kinds of behaviour were identified, the first consisted of reducing expenditure, the second consisted of increasing income and the use of substitute products.

Finally, very few families benefited from a social network.

Support from international organisations was deliberately excluded from this description due to the unreliable data as explained in the previous section.

To reduce expenditure, families :

- shared housing and then rents, did not repair war damages
- shared clothes and avoided buying shoes
- adapted their food consumption by reducing the number of meals, by selecting cheap items, by reducing food quantities.

To increase income:

- families sold their private goods or home equipment
- children and women developed economic activities informally
- some families sold their productive assets.

RISKS OF VULNERABILITY

Description of the highlighted risks of vulnerability

The results of the cross tables highlight some statistically significative variables (p.value < 0.5, appendix 4) and allow us to define which demographic and status factors of the family had an impact on living standards.

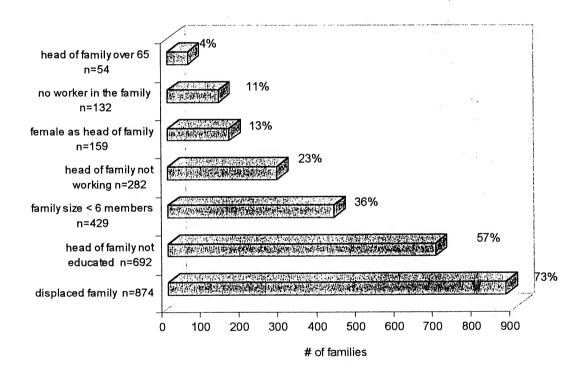
Seven major characteristics were raised as discriminatory variables having effect on the family consumption. Therefore, they could be considered as criteria for consumption vulnerability.

These factors may affect the socio-economic daily life of the families.

However, this does not mean that every single family who belongs to one of these seven classes should systematically be considered as vulnerable, but it gives some predominant trends on potential precarious situations.

Moreover, it does not allow us to conclude on whether one group is more vulnerable than another, instead it focuses more on the pattern of destitution.

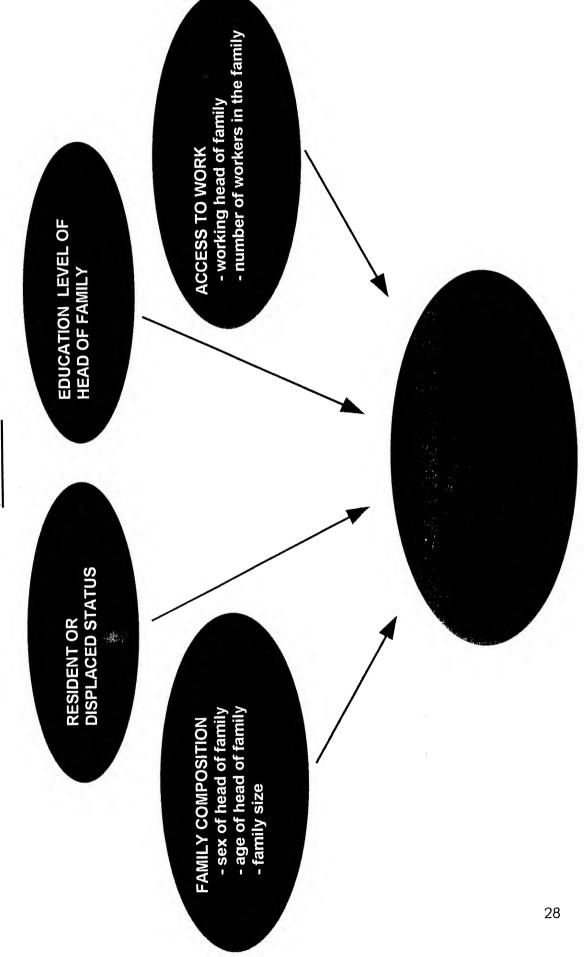
Risks of vulnerability ordered by frequency in the whole sample:



The following diagram explain the vulnerability pattern.

CONSUMPTION VULNERABILITY

PATTERN



Main statements

- ♦ Apparently, the larger the family, the greater the number of workers it included, and finally the better the family's situation :
- the medium and larger families headed by a man, owned a middle of the range quantity of home equipment (4 to 6 items) more often than the smaller families headed by a woman who often had a very small amount of home equipment (1 or 2 items).
- small size families were more likely to share their housing (inverse correlation between the size of the family and the number of families living under the same roof).
- ♦ The age of the head of family combined with the number of workers in the family describes four sub-groups related to the home equipment level :

age of head	# of workers	home equipment
of family	in the family	
15 - 25	1	well equipped : 6 items owned
25 - 45	1	fairly well equipped: 3 to 6 items owned
45 - 65	2	better equipped than the average (average being 4 items owned)
over 65	0	very reduced equipment: 1 or 2 items owned

- ♦ When the head of family was working, more families where all members owned winter clothes and more families using cleaning products were found. An impact on food consumption has been noted as well: more foodstuffs with a higher individual daily energy intake were consumed on a daily basis and fewer families were having two meals a day.
- ♦ When at least one member of the family was working, an improvement in living standards was noted and the quantity of foodstuffs regularly consumed by the families increased:
- ♦ in male headed families :
- a greater number of families had members who owned winter clothes, socks and shoes
- there was a higher daily individual energy intake and equivalent cost of daily food
- less home equipment and less foodstuffs fell under the "never" possessed and the "never" consumed categories respectively
- more families used products such as cosmetics
- more families had more home equipment.
- ♦ in female headed families :
- more families eating only twice a day or having reduced their number of meals were found.
- ♦ War induced displacements were the main reason for families to gather: displaced families (living with at least one other family) were generally living for free or were tenants.

The next tables summarise the significative incidences of highlighted risks of vulnerability on the family consumption.

INCIDENCES OF THE RISKS OF THE VULNERABILITY ON THE FAMILY CONSUMPTION

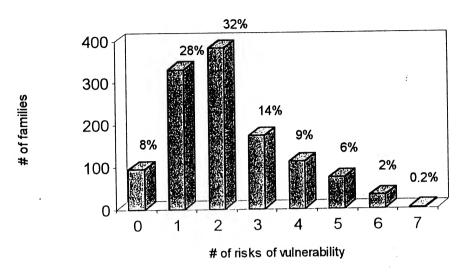
STATUS

ACCESS

		TO WORK			· · · · · · · · · · · · · · · · · · ·				
FAMILY	FAMILY COMPOSITION							lower number of	reduced
WHEN	female as head no workers of family	no workers	<u> </u>	THEN	more living for free second hand or home mad clothes	e	cosmetic, cleaning or hygien products		
WHEN	head of familly over 65					nade cothes		lower number of daily meals	
		-		THEN	II. more tenant of living for free iii. more often living in only one				
				\	room iv. houses partly destroyed or in				
WHEN	WHEN familly size	head of family		THEN	need of fixing				very reduced or none at all
STATUS	under 6 IS	not working							an inimitia
	displaced family less workers	less workers			i. more sharing			lower number of daily meals	
WHEN				THEN	ii. more tenant or ii. more tenant or living for free iii. houses partly destroyed or in				
					need of fixing				
EDUC	~ .	irregular jobs		THEN	more sharing			lower number of daily meals	reduced
WHEN	never attented school					:			
ACCE	ACCES TO WORK			-	more tenant or			ber of	i. reduced
WHEN	no worker in the WHEN family	a		THEN	living for free			daily meals li. more lii. more lii. more often daily sale of	ii. more often sale of
						***************************************		intakes under 1000 personal kcal	personal belongings
WHEN	working head of no working family	f no working children	resident families THEN	THEN		i. more new clothes ii. more winter		more families eating 3 times a day	larger
						2010			

Cumulative risks

82% (1109) of the families had at least one risk to face.
60% (715) and 23% (286) had to face 1 to 2 and 3 to 4 risks respectively, and 8.2% (108) had to face 5 to 7 risks.

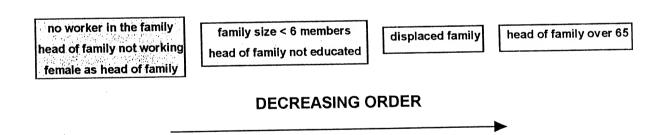


Hierarchical classification

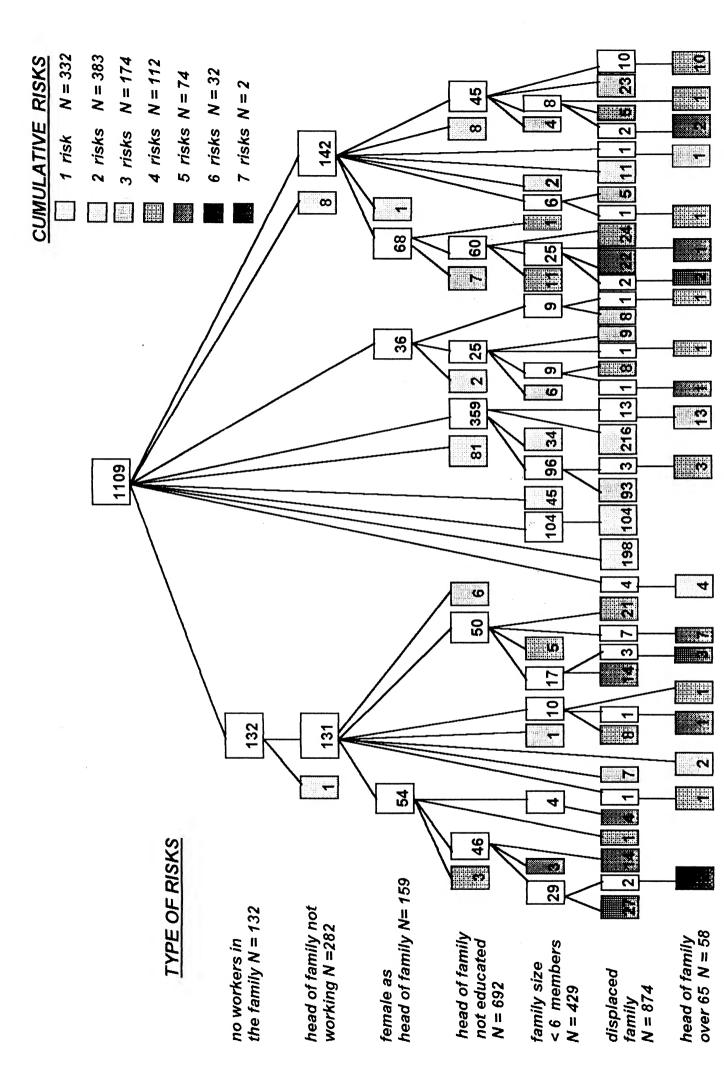
A statistical hierarchical classification based on incidence levels determined the priority order of the discriminatory variables.

The seven components are dispatched into four groups.

The internal group range was intuitively designed with all the components having an equal value. Any other internal classification would also be acceptable.



The following graph illustrates the 60 possibilities of risk arrangements present in the sample, facing at least one risk.



COPING STRATEGIES

Most of the main coping strategies have already been described in the previous section. These will be collected and reanalysed in order to clarify further the methods used by the family when facing difficulties.

To reduce expenditure

Poor rate of employment, widespread irregularity of income and high food price inflation, obliged people who were unable to afford the basic charges to reduce their expenditure:

In terms of housing:

- 37% (302) of the non-owner families did not pay rent. They were presumably hosted or squatting (with or without authorization from the owner) in unoccupied houses belonging to families who had previously left Kabul.

- nearly half (627) of the families shared their housing with some other families, out of these 26% (163) were "living for free" (3 of them took advantage of "free food" as well). Those who paid rent, might have shared the cost with the cotenant families.

- 21% (388) of those whose homes were damaged, could afford to repair them.

In terms of non food items

- 10% (125) of the families, had no other choice but to use leaves and gorse as energy sources.

- winter clothes and socks were shared between the family members in 43%

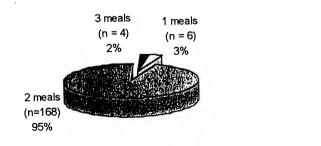
(515) and 31% (380) of the cases respectively.

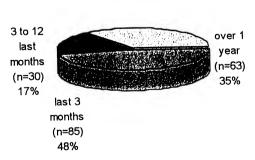
- 89% (1067) of the families had not bought shoes during the past year, and 11% had not bought clothes; 7% (129) made their own clothes at home.
- out of the people who bought some clothes, 60% (709) of them bought second hand ones.

In terms of food items

Different ways of reducing the food ration were noted.

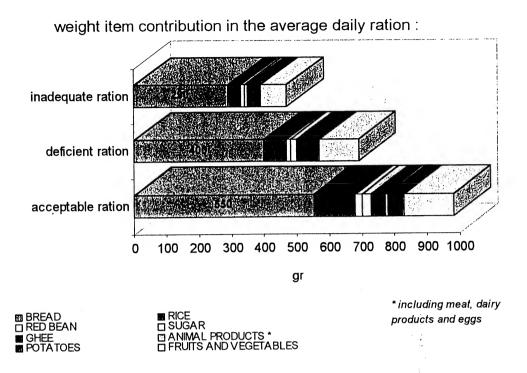
♦ 14% (178) of the families had reduced their daily number of meals, resulting in 94% (168) eating 2 meals per day out of whom 48% (85) cut down during the last guarter of 1996:





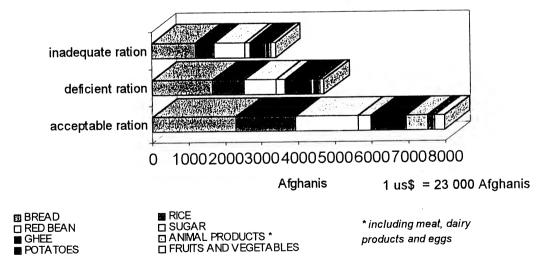
Out of the whole sample, 9 families declared having one meal per day, 6 of them reduced the frequency of meals and the remaining 3 normally ate only once a day.

♦ families reduced the food quantity which is reflected in the Kcals intake levels, so that 60% (694) of the families classify as having either an inadequate or a deficient ration. (see page 21)



♦ families avoided the most expensive food items, especially meat, dairy products, eggs, dried fruits, fresh fruits and vegetables (mainly spinach which is the most expensive green vegetable) which affected the quality of the food intakes. (see page 21)

cost item contribution to the average daily ration :



Bread is often home made (68% of the cases - 816 f.) due to cultural habits and due to the price. For example, in a compound shared by two Pashto families (head of

families were brothers) randomly visited during the quantitative approach, the women who were not educated and kept strictly to the traditional rules by avoiding shopping, always had a ready dough to cook in order to reduce their dependency (husband coming back late, bakery shortages or any other reason).

Fortunately, very few "tandoori" were destroyed during the war and 40% (488) of the families still had the possibility to make bread at home even if the issue of a fuel source remained crucial.

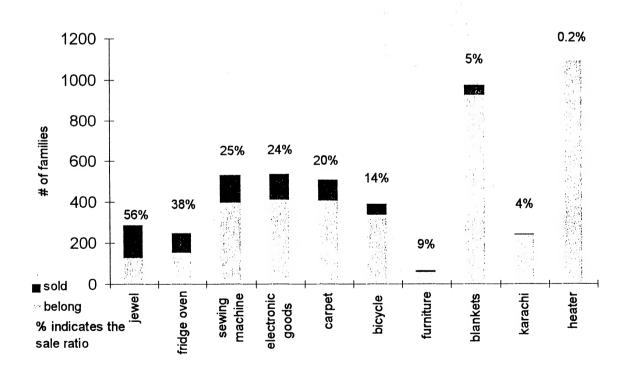
To increase the income

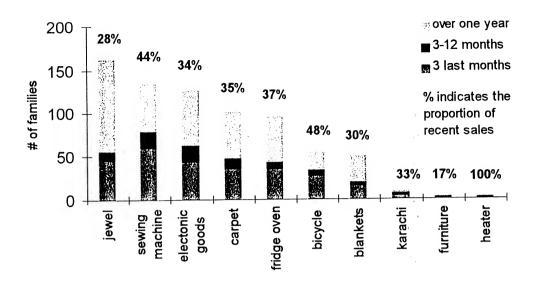
♦ The issue of begging was deliberately avoided out of respect and a sense of decency despite the fact children burning incense and women asking for money are common sights in the streets and markets of Kabul.

Few families mentioned begging spontaneously, even if their situations had been bad for over a year, mostly since 1992; usually they were widows or heads of family headed by very old men no longer able to work.

♦ Sale of goods.

The item sale rate and order could give an indication of the priority given to selling. Increased selling activity in the last quarter of 1996 was regularly mentioned.





♦ Work of specific people

♦ 11% (113) of the families admitted to having working children.

In these families, it was noted that the income was likely to be irregular or non-existent, and that home equipment was very scarce. Moreover, in most of the cases where children worked besides the head of family, he or she had either never attended school or had done so for only a few years.

In the female headed families, the children at work substituted the absent father. Significative incidences were found when looking at the distribution of working

children according to the sex of the head of family. (p value < 0.05)

According to a report published by Terre des Hommes²³who support a program for the children working in the streets of Kabul, 28 000 children are identified as working in the street particularly to provide their families with fuel (firewood, waste papers etc.) and to earn some money as a principal or supplementary income source (car washing, shoe polishing etc.).

♦ 10% (112) of families reported having working women. 3 families had working children as well.

It was noted that the women from a male headed family who worked were often high-

school or university graduates.

Out of the 159 female headed families, 31 of these heads of family were working, 28 of whom were not educated. The rule that prohibits females from working most especially constrains these families.

 \diamond 3% (32) of the families reported having working elders. Within the families with at least one working elder :

- 3 working elders were heads of family, the age of other heads of family ranged from 21 to 60 years.

²³Needs assessment of children working in the streets of Kabul. Terre des Hommes. June 1996

♦ Home business

Families having productive assets [mainly "karachi" and sewing machines, 20% (237) and 33%(397) respectively] were able to have some informal business, that could explain the low rate of karachi sales.

The "Tandoori" can be considered as a productive equipment as well, due to habit of cooking homemade dough in neighbouring private homes or shops. During the qualitative approach, women baking bread in exchange of a plate of flour were found. 40% (488) of families owning a "tandoori" had this specific potential of economical activity.

Food production

4 % (46) of the families were growing foodstuffs in their garden and 22 % (268) possessed animals.

Rabbits, chickens and goats were the most frequent animals seen during the qualitative interviews. It was particularly noted that number of eggs laid was very low. When people were asked about the use of their animal food productions, the preference to sell rather than keeping them for their own consumption was mentioned. This was in order to increase their purchasing power towards other prioritized food and non food items. Vegetables and fruits seemed to be eaten more often than sold.

♦ The social network

The support of relatives and friends appears to be quite low (this being noted from families who declared having received some help in the past three months and to the number of families who mentioned having helped other families).

Seemingly the recipient families used the money they received primarily for their feeding and their winter equipment.

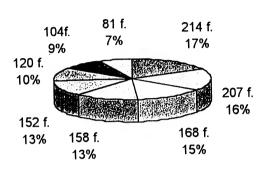
When the head of family was a woman, 25% (41) of the support was in food.

When there was no worker in a female headed family 25% (14) received money. A marked improvement appeared in the food and clothing situation in these female headed, non-working families receiving money, compared with the 75% (43) not receiving any.

VI. TYPOLOGY

The results of the multivariate analysis indicate a division of the whole sample in eight sub-groups, grouping the families with similar profiles.

The different sub-group size ranges from 81 to 214 families.



Variables determining the unit composition come from the discriminatory variables previously identified. 5 of them refer to the family situation and risks of vulnerability, and the other 3 refer to consumption levels:

VARIABLES (in no specific order) family situation

sex of head of family education level of head of family status of resident or displaced family # of workers in the family size of the family

family consumption

home equipment level housing condition food intakes

POSSIBLE OPTIONS

female / male none / secondary / tertiary displaced / resident none / one / two or more small (less than 6) / medium (=6) / large (more than 6)

very low / low / medium / satisfactory shared houses / isolated family less than 1000 Kcals / includes between 1000 and 2000 Kcals / more than 2000 / more than 3000 Kcals

Although risks of vulnerability could be identified, vulnerability remains a dynamic and multi-dimensional concept as the real risk incidences depend on family capacities to react and on the resistance they can offer.

Also the ranking of the typology may be based on a choice of priorities. As food intake is not only a quantitative indicator, but is also most closely related to food, it has been chosen to represent the typology in the next graph.

- I. sex of head of family
- II. education level of head of family
- III. status of resident or displaced family
- IV. # of workers in the family
- V. size of the family
- VI. home equipment level
- VII. housing condition
- VIII. food intakes

158 FAMILIES

- I. female in 50% . male in 50%
- II. non educated
- III. mainly displaced, few resident
- IV. none in third. 1 in two thirds
- V. mainly small
- VI. very low in 2 thirds. medium in a third
- VII. shared house in 65%
- VIII. <1000 & < 2000 Kcals in 50%
 - > 2000 Kcals in 50%

207 FAMILIES

- mainly male
- II. 35%secondary
- III. mainly displaced
- IV. 1 in 75%
- V. medium in 60%. large in 40%
- VI. very low in a third. medium in 2 thirds
- VII. mainly shared houses
- VIII.mainly < 2000 Kcals

152 FAMILIES

- I. mainly male
- II. 75% none 25% secondary
- III. 50% resident 50% of displaced
- IV. 2 or more in 50%
- V. medium or large
- VI. satisfactory in 60%
- VII. shared houses in two thirds
- VIII. > 2000 & < 3000 Kcals

120 FAMILIES

- I. mainly male
- II. 75%non educated 25% secondary
- III. 30% of resident 70% displaced
- IV. mainly 1
- V. small or medium
- VI. mainly medium
- VII. mainly shared houses
- VIII.mainly > 2000 Kcals.
 - > 3000 Kcals in 50%

168 FAMILIES

- I. mainly male
- II. not educated
- III. mainly displaced
- IV. 1 In two thirds. 2 or + in a third
- V. medium in 60% . large in 40%
- VI. very low in a half. low in a half
- VII. mainly isolated
- VIII. < 1000 Kcals in 20%
 - > 1000 Kcals & < 2000 in 80%

104 FAMILIES

- I. female in a third, male in two thirds
- II. non educated
- III. mainly displaced
- IV. none in 20%
- V. medium in 60%. large in 40%
- VI. home equipment very low in a 35%
- VII. mainly shared houses
- VIII. < 2000 Kcals in 50% cases
 - I. mainly male
 - II. secondary in 50% tertiary in 50%
 - III. resident in a third displaced in 2 thirds
 - IV. 1 in two thirds 2 or + in a third
 - V. medium
 - VI. medium or high level
 - VII. isolated families
 - VIII >1000 & < 3000 Kcals

81 FAMILIES

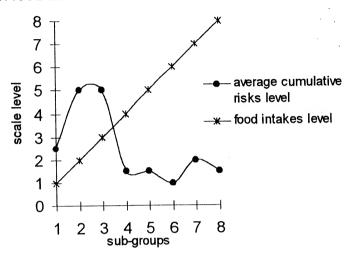
- I. mainly male
- II. secondary in two thirds tertiary in a third
- III. 50% resident 50% displaced
- IV. mainly 1
- V. mainly small
- VI. medium or satisfactory
- VII.isolated in 60%
- VIII. mainly > 2000 Kcals .
 - >3000 in 25%

Average number of risks of vulnerability within the groups

A different ranking of groups could be based on an increasing average number of risks of vulnerability. It can be then compared with the ranking of groups based on an increasing level of individual daily food intake.

It appears then that the groups with families having higher cumulative risks, were not the groups with lower food intakes. If there was a strict correlation between the two classifications the curves would have been perfectly opposed.

Assumptions can then be made concerning the influence of coping strategies and of food assistance on food intake levels.



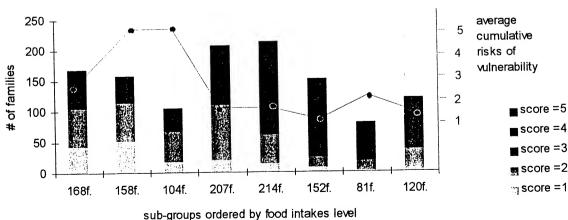
Appreciation of the surveyors

Beneficiary registration for humanitarian distribution in Kabul is mainly done through home visiting and monitoring of lists designed by the local authorities.

Therefore, at the end of the interview, the interviewer was asked to estimate the vulnerability of the family by giving a score ranging from 1 to 5 (1 representing the highest level of vulnerability).

Even though the lower food-intake-level groups tend to be the ones with less vulnerability score 5 (less vulnerable), and the groups with the highest food-intake-level tend to be the ones with less vulnerability score 1 (more vulnerable); no evident correlation was found between the score and neither the ranking of food intakes nor the risks of vulnerability. At most a slight tendency is detected.

Assumptions could then be made concerning the actual visibility of the vulnerability and concerning the ability of the interviewer to evaluate the situation



40

VII. CONCLUSION - RECOMMENDATIONS

∜Conclusion

➤ The description of standards of living reveals a general precarious situation especially marked by displacements, deaths of heads of family, bad water and sanitation conditions, low rate of employment and a high rate of price inflation. Food consumption is mainly bread based, 40% of the families are classified as having an acceptable daily food intake.

> Out of this situation seven statistically significative demographic and family-status variables were identified.

The seven components help confirm the hypothesis that both the demographic and family-status composition influence the family's consumption and allow to take them off as risks of vulnerability for the considered sample.

80% of the families were facing at least one of these difficulties when 60 different possible arrangements were found.

The hierarchical classification ordered them as follows:

♦ first level : having no worker in the family

having an unemployed head of family

having a female as head of family

• second level : having a small family (under 6 me

having a small family (under 6 members) having a non- educated head of family

♦ third level : being a displaced family

♦ fourth level : having a head of family over 65 years old

The responses collected on coping strategies, humanitarian assistance and reliance on a social support network led to a description of some of the survival mechanisms. However, as these were not raised as discriminatory variables in this sample, they cannot be considered as statistically pertinent indicators able to explain the typology composition.

> The typology divides the sample into eight sub-groups, gathering families corresponding to eight different indicators in a similar way. Five of these correspond to some of the risks of vulnerability identified previously and the rest correspond to the family consumption level.

The typology shows perceptible differences within the sub-groups between the consumption levels, but according to these, no specifically dominant family profile is raised.

Despite having attained the objective of defining population groups, the second hypothesis of ranking the sample according to vulnerability levels with the use of demographic and family-status profiles for each group, has not been verified.

These three conclusions (a general precarious situation; a high number of families facing risks of vulnerability and a large diversity in their arrangement; no specific vulnerable family profile) confirm the homogeneity of the socio-economic situation of the population and the complexity of their vulnerability.

Recommendations

♦ Methodology

♦ To clarify in more detail how the risks of vulnerability (defined through this survey) affect the standards of living of the population, further investigations should consider a stratified random sampling.

The framework stratification should be mainly based on the discriminatory characteristics (sex, age and education level of the head of family; the number of workers in the family and the resident, displaced or returnee status) in order to compare of the groups within themselves.

If the objectives include a classification of the groups in order of vulnerability, an index of vulnerability must be chosen: either a combined score resulting from the different fields of consumption or the nutritional status of the members of the family (this could lead to bias as it is a late indicator).

- ♦ To precise the links between the socio-economic situation of the families and the nutritional status of their members. A case-control study with a satisfactory sample size would allow to assess if there is a potential and predominant socio-economical pattern leading to malnutrition.
- ♦ The demographic trend breakdown has to be verified on the whole of Kabul's population. If there is a real reduction in the 0-4 year group, incidences should be raised in the evaluation of the number of malnourished children.
- ♦ To asses the impact of the on-going relief programs in Kabul by a methodology other than random home visit surveying with closed-ended questions. Close monitoring of the different types of activities could better measure the consecutive improvements on the daily life of the population.

In order to appreciate the coverage level of the programs, this would have to focus on the aspects of targeting and registration: do the people who receive assistance correspond to the target population? do they receive the planned assistance? are there any people who correspond to the selection criteria omitted?

The impact on the socio-economic household level would have to refer to a vulnerability indicator (see above). The purchasing power and the quality of life of the beneficiaries would subsequently have to be verified.

The extent of the impact could also considered through the value of distributed goods (foods and non foods) and the employment network of the relief organizations.

Furthermore, this would reinforce the coordination between agencies and help when defining complementary interventions for the targeting and identification of beneficiaries. Specific attention could be then paid using a referral system between programs, for example between food distribution and nutritional projects.

♦ Actions to be undertaken.

○ The low level in general standards living confirms the need for a follow up with direct assistance in terms of food or winter items for a large part of the population. Targeting and registration of the beneficiaries continue to be delicate and problematic issues. Targeting priorities should be given to the families with structural disadvantages (age, sex and education level of the head of families).

During the registration process, particular training of the surveyors should be considered with special regard to their interpretation of precarious situations and their definition of vulnerability.

Coordination in the definition of target populations, geographical areas of distribution and registration methods between implementing agencies and donors would favour a standardisation of interventions (duplication avoidance, better population coverage).

♦ Housing conditions (mainly in terms of rehabilitation needs) the lack of access to safe water and the bad state of the sanitation network justify intervention programs to improve infrastructure. This would enable the vast displaced population in Kabul to return to their previous home.

On the other hand, if the displaced people from the countryside are looking to return home, links with their main places of origin could be made and extended to develop the necessary welcoming conditions.

♦ Income generating programs specifically targeting the families with low mobility of the potential labour forces could be set up in order to meet their low income level, increase their purchasing power and reduce their dependency on relief programs.

Parallel vocational training could permit to make up the lack of education, giving people basic skills in technical matters, marketing and budget management.

Those projects should be based on the people capacities and on their own potential means i.e. their productive assets.

Particular attention must be then paid to the gender issue and to the situation of children.

Female activities should be considered regarding the current prohibitive rules. Some women, notably the widowed heads of family, have a need to earn money until the proposed allowance due them for having to stay at home is distributed.

In order to protect the working children, different measures could be concurrently undertaken: vocational training giving them a solid base for their future adult professional lives, better support of their families would contribute to decrease the economical pressure.

Programs supporting education and school participation would have a more long term effects, and should be considered with great interest.

VILAPPENDICES

Questionnaire	p.i
Food composition of the average individual daily ration	p.vi
Main food market prices	p. vii
Exhaustive results of the cross tables	p.ix

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if yes, since?	□ 3 months to a1	year ∐ fr	om more tha	an a year	*		
					*		
→ food consumption						.	
* where does the bread come from ?		lough 🗌 I	home cooked	d □flou	r given to the baker	Ш	
		ch 🗌 dinr		tra-meals		Ш	
* did the family reduce the number of	meals ?	yes		□ no		11	
if yes \Box up to 3 months \Box :							
* how many person are eating?				,			
		£					
Γ	daily week	frequen lv mo		never	quantity in kg		
bread	,	, , , , , , ,	,		III NY		, , , ,
Dieau					14		Ш. Ц
rice						11	
potatoes					<u> </u>	1.1	
	1		l				

bea	in or pulses	1	1	1 11		1	11111
onic	on						
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tom	ato						Ш. Ц
othe	er vegetables				The second distribution of the second distributi		Ш. Ц
	h fruits						Ш. Ц
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	y products						Ш. Ц
egg							Ш. Ц
	/dried fruits						Ш. Ц
,	, arred maits						
					:		
→ food stock							
				in kg			
			bread			ł	ЩЦ
			rice		· · · · · · · · · · · · · · · · · · ·		Ш. П
			potatoes				Ш.Ц
			bean or pulse	s			Ш. Ц
			onion		·		Ш. Ц
			spinach				
			tomato				
			other vegetab	les			Ш. Ц
			fresh fruits				
			sugar				
			ghee			1	LLL. U
			meat			1	
			dairy products	;	1		
			eggs				
			nuts/died fruits	S			
				ſ			Ш. Ц
				INCOMES	GENERATING		
	up to 3 months	3 months to a1 year	from more than a year	regular incomes	irregular incomes		
how many persons are working?				momes	mountes	ШШ	Ш ШШ
······································	1	ı İ	1	1			
are any children working	ı? ☐ yes	□ no are a	any women workir	ng? ☐ yes	□ no	Ш	
are any elders working	? ☐ yes	☐ no is the	e head of family w	orking? 🗌 yes	□ no		Ш
			•	-			
•••••		,	• • • • • • • • • • • • • • • • • • • •				
						l	

COPING STRATEGY

		from Kabul	from Afg. outside of Kabul	from abroad	
	food				1 1
	non food				
	money				
	other				
if yes ☐ food ↓ Do you support any fa	\square non food nily /neighbour / fi	riends ?		. •	
	-		Kabul │ in Afg. outside of Ka	bul	
	foo	od		===	L
	no	n food			
	110	11 1000			1
	-	oney			L

ACF-NUTCALC Date: 30/12/96

Code: 37

Ration name : kabul

Reference ration name : RATION EU PAR JOUR Type : Par jour

Ration weight : 742 Comment : enquete decembre 96

FOOD COMPOSITION OF THE RATION

Code	Description	Weight	Energy	Protein	Lipid
RIC008 ONI_03 POT_07 TOM_09 CAR004 GHE_01 SUG_01 BEA_18 SPI_03 ORA_05 LAM_02 YOG_02 EGG_02	Pain, pitta, blanc Riz, grain long, poli, cru Ognion, cru Pomme de terre, vieille, moyenne Tomate, crue Carotte, crue Beurre, clarifi, (ghee) Sucre, blanc Haricot rouge, cru Epinard, frais, cru Orange, crue Agneau, morceau gras, moyenne, cr Yaourt, grec, lait de brebis Oeuf, entier, cru Arachide, crue	430 g 85 g 48 g 37 20 g 34 g 29 g 20 16 g 4 g g 2 g 1 g	1139.5 306.9 17.3 27.8 3.4 7.8 260.4 78.8 42.6 2.8 1.5 20.1 2.1 2.9 5.7	39.6 5.5 0.6 0.8 0.1 0.2 0.00 0.00 3.5 0.3 0.0 0.2	5.2 0.9 0.1 0.1 0.00 28.9 0.00 0.2 0.1 0.0 2.2 0.2
	•	- 9	J.,	0.2	0.5

	Total	% related to the reference ration
Energy (Kcal) Energy (Mj)	1919.50 8031	95.97% Kcal ration / Reference ration
Lipid (g) Protein (g)	38.50 18.1% 51.49 10.7%	

NUTRIENTS

Total proteins: 51g Total lipids: 39g Minerals Potassium: 1199mg (38.7%) Magnesium: 160.82mg (107.2%) Phosphorus: 508mg (92.4%) Zinc: 4.75mg (50.0%) Iodine: 4ug (3.4%) Sodium: 4ug (3.4%) Sodium: 2305mg (400.9%) Calcium: 468mg (66.9%) Iron: 9.71mg (57.1%) Copper: 1.14mg (103.6%)	Biotin: 1ug Riboflavine: 0.34mg (26.2%) Niacine Total.: 16.53mg Niacine Poten.: 9.26mg Niacine: 7.27mg A.Foliq Total: 185ug (92.6%)
Protein score mg/g	Fat soluble vitamins
Lysine: Omg Cysteine: Omg Tryptophane: 555mg Methionine: Omg Threonine: Omg	B-Carotene: 1078ug Retinol (A): 201ug Retinol Equival.: 680ug Total Ret.Equiv.: 1061ug (151.6%) Vit D: 0.59ug (5.9%) Vit E: 2 (42.3%)

νi

(% of the reference ration)

Market prices following-up - Kabul city December 95 - December 96

Action Contre la Faim Afghanistan

ITEMS	Unit of measure 1 sayer = 2.2	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average	Average
	spunod	December	January	February	April	Мау	June	July	August	September	October	November	December
F00D													
BREAD nân	120 gr	200	253	392	458	200	200	520	775	006	522	200	200
BREAD tchapati	120 gr	200	253	392	458	200	200	520	775	006	522		200
WHEAT FLOUR ardegandor	sayer	9 167	12 133	13 056	17 967	18 797	19 225	20 603	28 083	29 500	22 648		23 000
CORN FLOUR	sayer	6 050	6 450	7 267	12 875	15 320	15 854	16 383	21 333	22 733	18 333	19 000	19 000
RICE palao	sayer	22 125	24 300	29 556	44 875	46 967	50 500	53 700	75 667	84 500	68 222	70 000	70 000
RED BEANS lubya	kg	2 783	3 753	4 467	6 958	8 050	9 104	9 500	9 708	10 500	9 0 2 6	8 500	8 200
BEANS MUNG mách	kg	2 375		3 278	4 483	4 967	5 017	4 973	2 000	5 033	5 161	6 523	6 523
CHICKPEAS nakhod	kg	3 808	5 733	7 500	8 475	8 703	8 625	8 600	8 458	8 625	7 706	7 133	7 133
SALT namak	kg	009	617	929	713	724	792	830	975	1 000	953	1 100	1 100
SUGAR bura	kg	3 067	4 373	4 856	6 567	7317	8 050	8 700	11 /00	11 925	9 033	/9/ 6	70/6
VEGETABLE OIL (liquid)	kg	7 550	8 370	8 656	11817	12 743	15 417	15 233	20 167	27 000	22 133	25 933	207 07
BUTTER (GHEE) (afghan pr	kg	7 183	8 180	9 472	12 250	14 203	15 883	16 877	22 158	73 767	15 417	18 16/	18 16/
DRY FULL MILK shir khoshi	kg	16 708	18 733	22 111	062.82	34 00/	30 107	27.000	40 303	101 54	4 0 000	20 000	20 007
YOGHURT måst	kg	1 900		3 111	3 292	3 433	341/	3 200	4 000	4 042	3 0 22	2 157	8 467
MILK CREAM qaymâk	200 ml	2 575	3 180	3 411	4 /1/	5 297	0 000	830	1 050	1 142	1 178	1400	1400
EGGS TOKIM	1 piece	520	7 333	7 111	11 017	13 033	15 667	15 367	20 750	22 417	16 000	21 000	21 000
I AMB gushti gustand	S C	8 375		10 000	15 667	18 400	21 917	21 600	21 833	22 833	18 667	22 000	22 000
MUTTON gushti gaw	, a	7 833		9 778	15 083	18 400	19 667	19 733	15 750	16 833	14 889	18 333	18 333
CHICKEN qushti murah	kg	10 000	16 667	16 556	19 167	25.467	26 000	26 333	30 000	30 000	32 667		37 333
POTATOES kashalo	sayer	9 117	12 700	15 500	17 500	20 800	19 667	17 750	18 833	18 667	16 556		17 167
ONIONS pyáz	sayer	3 500	3 633	3 522	5 442	10 600	9 083	14 950	8 917	8 200	7 667	8 200	8 200
CARROTS zardak	sayer	2 567	2 947	3 978	8 750	11 000	13 208	9 833	12 583	7 125	7 889	13 000	13 000
SPINACH sabzi	sayer	4 571	10 167	10 778	7 250	6 753	9 250	8 667	7 667	7 000	6 400	11 333	11 333
EGGPLANTS bandjan	sayer		13 933	29 556	35 156	24 150	22 458	9 9 1 7	4 800	7 750	6 167	13 333	
TOMATOES roumi	sayer	16 083		29 789	71 750	32 667	20 125	16 870	6 675	6 333	2 583	1 533	
APPLES seib	kg	2 308	3 367	4 311	5 792	10 017	11 208	7 067	3 583	3 208	6 222	7 000	2 000
GRAPES angoor	kg	2 642	3 763	4 811	7 125	12 367	15 917		3 625		4 722	7 833	7 833
WATERMELON kharboza	sayer	8 000	12 467	18 000		18 417	19 250	11 400	11 750		8//8	17 000	11 000
BLACK TEA tchây	kg	16 000	19 333	23 333	28 167	31 467	36 250	38 133	45 000	48 66/	46 222	48 333	48 333
GREEN TEA tchây	ka	12 792	14 867	15 556	21 375	25 267	29 667	31 633	37 750	39 500	39 333	45 333	45 333

Action Contre la Faim Afghanistan

Market prices following-up - Kabul city December 95 - December 96

400 000 4 850 280 000 163 333 7 067 5 250 5 417 3 433 December Average 3 433 4 850 1907 5417 7 733 400 000 280 000 163 333 November Average 2 283 250 000 85 833 6 722 5 089 5 250 6 433 3 833 4 417 142 500 Average October 163 917 83 333 3 500 2833 10 150 8 575 7 708 September 83 083 Average 7 792 77 500 1 683 160 833 75 000 299 9 7 000 5 833 Average August 3 493 2 660 1 500 66 000 129 500 5 467 5 973 Average July 58 333 1 317 1 958 111 250 7 854 57 250 Average June 6 9 10 1747 2880 55 467 1 270 49 100 4 487 4 563 4 887 101 167 Average May 44 458 118 750 57 833 6 425 4 475 2 650 792 4 342 Average April 105 000 56 500 February Average 27 889 92 000 Average 57 600 January 38 750 1113 58 250 105 000 6 508 3 800 December Average 125 x 225 cm sayer = 2.2measure 1 spunod 150 gr 150 gr 50 gr piece sayer KEROSENE HEATER bokhari tel khake WOOD STOVE bokhari chubi TOOTH PASTE karım dandı HAND SOAP sabon dast QUILD / BLANKETS layif CANDLES shama KEROSENE telekhak WOOD chub DETERGENT powder NON FOOD PETROL DIESEL ITEMS

RESULTS OF THE CROSS TABLES

Demographic discriminating variables

- <u>❤ Women, head of family (159 families)</u>

 Comparison between female and male headed families
- families smaller (% of families ≤ 5 persons more important, % of families > 8 persons more reduced), 61 % of families ≤ 5 persons (97 families) against 31,8 % (332 families) when the head of family is a man.
- less families living alone.
- less children under 5 years old (the head of families are in most cases widows since more than one year), 78,5 % of these families do not have any children under 5 against 40,5 % when the head of family is a man.
- 89,9 % of the head of families had never attended school (against 52,5 %), 8,8 % (14 families) had a secondary level (against 32,9 %), and only 1,3 % (2 families) went to the university (14,5 for the men).
- More families living for free, 39,6 % (63 families) against 22,9 % (239 families).
- Most of these families have a minimum equipment (1 to 3), and very few of them have an equipment superior to 6.
- Less families with all the women wearing "Tchadri" (22 % or 35 families, against 32,1 % or 335 families).
- more second hand clothes or home made.
- More clothes and shoes bought more than one year ago.
- Less families using cosmetics or hygiene products.
- More families have reduced their number of meals (28,3 % or 47 families against 12,7 % or 133 families).
- More families eating less than three times a day.
- More families with a caloric energy intake less than 1000 Kcals/pers/day.
- More families spending less than 2500 Afghanis/pers/day for the food.
- More families without any workers.
- Less families with 2 or 3 workers (8,8 % or 14 families, against 17,8 % or 186 families).
- In the families where there is one or more workers, there is more children, more women who are working; however, the activity of the head of family is more reduced than when it's a family headed by a man.
- More families receiving some help (food) in Kabul: 24,5 % of the families (39 families) against 2% (21 families). Same proportion for a financial support.
- In total, 29 % (46 families) of these families receive some support (food and/or money) against 2,8 % when the head of family is a man.
- More families with a level of vulnerability estimated between 1 or 2 (very few level
 5). For the surveyors, these families are more vulnerable.

Age of the head of family

• The youngest (15-25 years old) and also the oldest (+ 65 y. old) share more often their house with other family: respectively 35,2 % (19) and 33,3 % (18) of family living with at least 2 others families against 22,4 % (270) on the overall population.

- The proportion of owners increases with the age of the head of family and then, decreases after 65 years old.
- More families living for free when the head of family is more than 65 years old: 31,5
 % (17) against 25,7 % (309) on the overall population.
- More renters between 15 and 25 years old: 51,9 % (28) against 42,3 % (509).
- The proportion of families living in one room only decreases with the age of the head of family but becomes more important after 65 years old: 55,6 % (30) against 41,8 %.
- More families displaced because of the war after 65 years old.
- After 65 years old, there are more families living in partly destroyed houses or in houses needed to be fixed: 72,2 % (39) against 52,1 % (627).
- More the head of family is young more the family uses cosmetic or cleaning products. For the hygiene products, the youngest and the oldest using more than the others.
- The proportion of families owning blankets decreases with the age.
- More the head of family is young, more the families have winter clothes and socks.
- More the head of family is old, more the proportion of new clothes decreases and the home made clothes increases.
- After 65 years old, the clothes and the shoes have been more often bought more than one year ago.
- The oldest are more to take two meals a day: 22,2 % (12) against 16,1 % (194) and to have reduced their number of meals: 24,1 % against 14,8 % (178).
- The youngest have a daily caloric energy intake more important and spend more Afghanis/pers/day for the food.

☞ Small families (less than 6 persons) (429 families)

Comparison between, the small families and the rest of the sample.

- more heads of families aged between 15 and 35 years old: 47,6 % (204) against 27 % (325) for the overall sample,
- less families living alone: 39,9 % (171) against 47,3 % (569),
- more women in the average composition of the family,
- more children under 5 years,
- less oldest children,
- more persons between 20 and 49 years,
- less children working,
- more women working: 14,9 % (64) against 11 % (133) families in the total sample,
- · less heads of families working,
- less families eating less than 1000 Kcals/pers/day,
- more families eating more than 3000 Kcals/pers/day,
- less families spending less than 2500 Afghanis/pers/day,
- more families spending between 7000 and 8500 Afghanis/pers/day,
- more families receiving some food help from Kabul: 8,9 % (38) against 5 % (60),
- · more families receiving some money from Kabul,
- more families without any equipment or with a very reduced one: 33,5 % (144) against 27,3 % (328),
- more families buying their bread in normal bakeries.

Comparison between the large families and the rest of the sample

- more heads of families aged between 46 and 65 years old,
- more families living alone,
- more families without any worker,
- · less persons with steady jobs,
- more children working but less women and more heads of families,
- more families eating less 1000 Kcals/pers/day or between 1000 and 2000 Kcals/pers/day,
- more families spending less than 2500 Afghanis/pers/day or between 2500 and 4000 Afghanis/pers/day,
- less families receiving support from Kabul (food or money),
- more families with an equipment more than 6:22 % (53) against 13,8 (59),
- more families with animals: 28,6 % (69) against 22,3 % (268),
- more families eating 3 meals or more per day.

→ Resident families (330 families)

Comparison between resident and displaced families

- more heads of family who have been to school up to 18 years old,
- more owners: 75,8 % (250) against 16,2 % (130) with displaced families,
- less families without any worker: 6,7 % (22) against 11 % (132),
- more heads of family working: 80 % (264) against 75 % (601),
- more families with an equipment more than 6,
- more families eating 3 meals per day or more: 92,4 % (305) against 79,5 % (637),
- more families eating between 2000 and 3000 Kcals/pers/day: 38,8 % (128) against 28,8 % (231),
- more families spending more than 4000 Afghanis/pers/day,
- more families living in repaired or correct houses,
- more families with level of families between 4 and 5 : respectively 22,7 % (75) and 12,7 % (42) against 14,4 % (173) and 4,7 % (56).

Families displaced because of the war

Comparison with families displaced because of the war and the rest of the sample

- more families sharing their house with one or more than one family: 57,2 % (458) against 41,5 % (137),
- more families living in partly destroyed houses or not destroyed but in need of fixing,
- more families who have reduced their number of meals: 20,2 % (146) against 6,6 % (22),
- more families eating less than 3 meals a day: 20,4 % (164) against 7,6 % (25),
- more families renting their house or living for free, respectively 52,4 % (420) and 31,3 % (251) against 14,2 % (47) and 10 % (33),
- more families with a reduced equipment,
- more families without any worker: 12,7 % (102) against 6,7 % (22).

Families living alone (569 families)

Compared to those who share their house with others families

- less families headed by a woman: 7,4 % (42) against 14,8 % (40).
- · less little families, more medium or large families :

30 % (171) of little families against 42,6 % (115),

47,3 % (269) of medium families against 44,1 % (119)

22,7 % (129) of large families against 13,3 % (536),

- more heads of family with high education level and more or less heads of family who had never attended school.
- more resident families: 33,9 % (193) against 21,9 % (59),
- in the displaced families, more displaced inside Kabul and more families displaced since more than a year, 51,5 % (288) against 41,9 % (114), than displaced families since less than 3 months, 12,7 % (71) against 32,7 % (89),
- less families without any worker: 7,4 % (42) against 16,3 % (44),
- more women working,
- more families with little or high vulnerability level :

level 1: 14,6 % (83) against 9,3 % (25)

level 4 and 5 : 20,9 % (119) against 16 % (43)

Head of family who had never attended school (692 families)

Comparison with families with an educated head of family

- more families living in compound with one or more other families,
- more families without any equipment or with a very reduced one (1 or 2 things),
- less families with head working: 67,5 % (467) against 93 % (80) when the head of family went to university and 76,6 % (922) in the total sample,
- less families with women working: 9,1 % (63) against 19,5 % (30) when the head of family has a high education level,
- · more families with children working,
- more families without any worker: 15,2 % (105) against 3,25 %,
- more persons working in irregular job, less working in steady jobs.
- more families receiving some food from Kabul: 6,8 % (47) against 5 % (60) in the total sample and 0 % when the head of family went to the university,
- more families receiving some money from Kabul: 3 % (21) against 0,65 % (1),
- more families eating only two meals a day: 19,4 % (134) against 9,7 % (15) when the head of family has a higher education level,
- more vulnerable families.

The head of family went to university (86)

Comparison with the rest of the sample

- less little families.
- less families without any worker,
- more families with 2 workers.
- more families workers who occupy steady jobs

- · less families with children working,
- more families with an equipment more than 6,
- less families eating less than 1000 Kcals/pers/day,
- more families eating more than 3000 Kcals/pers/day,
- more families spending more than 7000 Afghanis/pers/day,
- more families with high vulnerability level.

Families without any equipment or with a very reduced one (328 families) Comparison with the rest of the sample

- 21 % (69) of them never had more than 2 things,
- more families displaced because of the war: 81,4 % (267) against 65,9 % (794) in the total sample,
- · more heads of family who had never attended school,
- · more heads of family who are not working,
- · more families without any worker,
- more families living for free: 39 % (128) against 25,7 % (309),
- more families who have reduced their number of meals: 31,1 % (102) against 14,8 % (178),
- more families eating less than 3 meals a day,
- more families eating less than 1000 Kcals/pers/day,
- more families spending less than 2500 Afghanis/pers/day for the food,
- more second hand clothes (66,7 % (217) against 58,9 % (709) in the total sample) and home made clothes.
- less leather shoes.

Families with an equipment more than 6 (234 families)

Comparison with the rest of the sample

- more resident families,
- more heads of family who went to the university,
- more persons per family who are working,
- more families eating more than 3000 Kcals/pers/day,
- more families spending more than 10000 Afghanis/pers/day,
- less vulnerable families.

Families eating less than 1000 Kcals/pers/day (71 families)

Comparison with the rest of the sample

- more large families (more than 8): 42,3 % (30) against 20 % (241) in the total sample,
- more heads of families who had never attended school,
- more displaced families, more displaced because of the war,
- more families living in partly destroyed houses: 29,6 % (21) against 19,9 %,
- less owners: 21,1 % (15) against 32,1 % (386),

- more families living for free: 32,4 % (23) against 25,7 % (309),
- more families with a reduced equipment: 38 % (27) against 27,3 % (328),
- more families spending less than 2500 Afghanis/pers/day for the food: 83,1 % (59) against 66,5 % (801),
- more second hand clothes: 80,3 % (57) against 58,9 % (709),
- less new clothes and home made clothes: 5,6 % (4) against 15 % (180) and 8,5 % (6) against 18,9 % (228),
- more families very vulnerable : level 1 32,4 % (23) against 12,7 % (153),
- level 1 and 2:67 % (49) against 44,3 % (533).

Head of family working (922 families)

Comparison with the rest of the sample

- · more large families,
- · less displaced families.
- less families with an equipment more than 6.
- less children working,
- more families spending money in cosmetic, hygiene and cleaning products,
- more new clothes,
- more leather shoes and less plastic slippers,
- more shoes or clothes bought less than a year ago,
- more families where everybody has winter clothes,
- less families buying their bread in normal bakeries and more families making the bread themselves,
- less families having reduced their number of meals,
- · less families eating less than 3 meals a day,
- less families eating less than 1000 Kcals/pers/day,
- less families spending less than 2500 Afghanis/pers/day for the food,
- less families living for free and more families paying a rent,
- less vulnerability level 1 and 2 and more for level 3 and 4.

Families without any worker (132 families)

Comparison with the rest of the sample

When the head of family is a woman, we have in this case, 1 family out of 3; and when the head of family is more than 65 years old, 1 family out of 4.

- proportion of families under 5 persons more important,
- less families living alone: 31,8 % (42) against 49,2 % (527),
- more heads of family who had never attended school,
- more families displaced because of the war: 77,3 % (102) against 65,2 % (699),
- · less owners and tenants, more families living for free,
- · more families with a reduced equipment,
- more families without blankets: 33,3 % (44) against 21,7 % (233),
- more families without any heater: 19,7 % (26) against 8 % (86),
- more families have sold at least one item: 34,8 % (46) against 28,5 % (305),

- · less families where everybody have socks and shoes,
- more families have reduced their number of meals: 28 % (37) against 13,2 % (141),
- more families eating a reduced number of food items,
- less families eating 3 meals or more per day,
- more families eating less than 1000 Kcals/pers/day and less eating more than 3000 Kcals/pers/day,
- more families receiving support (food or money) from Kabul: 17,4 % (23) against 0,7 (8) for the money, and 35,6 % (47) against 1,2 % (13) for the food,
- more families very vulnerable (level 1 more frequent).

Families with more than 3 workers (46 families) Comparison with the rest of the sample

- families larger
- more persons working in irregular jobs,
- · more children, women and elders working,
- more families with an equipment more than 6,
- vulnerability level = 4 more frequent.

